

Identifying Strengths in Your Relationship

Objective

To identify areas of strength you and your partner bring to your relationship.

You Should Know

What strengths do you personally bring to your relationship? Research indicates if you understand your own strengths, you are better able to cope with stress and meet the demands of daily life. When you are aware of your own strengths, your confidence is enhanced, and your positive emotions increase. Obviously, these qualities will enhance your relationship.

Identifying the strengths of your partner will also benefit your relationship. When you and your partner are aware of what you each bring to the relationship, it will be easier to resolve conflicts and manage stress. When you focus on the strengths in your relationship, it is easier to build a foundation for open communication and successful conflict resolution.

What to Do

This exercise will help you identify the individual strengths you and your partner bring to your relationship. Make two copies of this worksheet, one for you and one for your partner. Rate yourself and your partner on your areas of strength, using a 1 to 5 scale, with 1 = needs work, and 5 = very strong. You should add any strengths that you or your partner might have that are not on this list.

When you are done, identify strengths you both possess and discuss how you might utilize your individual strengths to enhance your relationship.

Personal Strengths

Areas of Strength	Me	My Partner
Openly expresses feelings.		
Listens without judging.		
Manages conflict effectively.		
Budgets and manages money well.		
Easily expresses affection.		
Effectively makes decisions.		
Willingness to find solutions to solve problems.		
Works hard and/or is employed.		
Maintains relationships with family and friends.		
Willingness to grow and evolve together.		
Parenting skills (if applicable).		
Spiritual/religious beliefs.		
Community involvement or hobbies.		
Thoughtful and considerate.		
Playfulness and humor.		
Trustworthiness.		
Respectful.		
Open, undefended, and willing to be vulnerable.		
Optimistic, positive point-of-view.		
Healthy coping skills; effectively deals with stress.		
Organized.		

Flexible and open to change.		

Reflections on This Exercise

What are your five main strengths?

1. _____
2. _____
3. _____
4. _____
5. _____

What are your partner's five main strengths?

1. _____
2. _____
3. _____
4. _____
5. _____

What strengths do you think your partner would say you possess?

1. _____
2. _____
3. _____

4. _____

5. _____

What are your five main strengths as a couple?

1. _____

2. _____

3. _____

4. _____

5. _____

Looking at the strengths you have identified for yourself, are there areas that you can improve?

Are there areas that you can improve as a couple?

Did anything surprise you about your partner's responses?

In what areas did you disagree with your partner?

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?
